

## ABSTRACT OF THE DISCLOSURE

An adaptive arm support provides motion of an armrest within a plane through any direction of translation. A number of vertical rods and bearings permit at least two links to pivot with respect to each other, permitting translation in any direction while staying within the plane. Bushing-tipped set screws are provided which dampen movement, to reduce or eliminate the effects of unintentional tremors. The armrest includes a swivel mounting which is also damped, which permits the longitudinal axis of the armrest to swivel from horizontal orientation to inclined angles which are out of the plane of translation. An elbow pad is provided which also pivots from perpendicular to the armrest longitudinal axis to different angular orientation with respect thereto.